

How I Stay Healthy

As a young 10 year old I started out at the YMCA swimming the mile. I did this up until I was 31; swam to elongate my muscles then train with weights for 3 months then go back to swimming. I enrolled in Mid-Michigan Academy of Martial Arts and went to 3-strip green belt before a rib injury sidelined me. Throughout my life I've always gone back to what works for the mind and body and that's training. When I train it helps calm the mind of everyday pressure and stress. I'm 47 now and continue to train 4 times a week at Snap Fitness at 5:00 a.m. It is open 24/7 so it fits perfect for my busy lifestyle!

As far as weight loss I'm generally the same but have more muscle mass. I eat rolled oats from Bob's Red Mill and grind fresh flax seed and add to the oatmeal right before consuming. I don't have any issues with cholesterol, high blood pressure and exercise for me is the best release for unhealthy living. Face it we're like giant sponges soaking up the environment we live in; so exercise is a way to balance these. Working out helps maintain less stress and I can manage how I feel, when it comes to emotions, such as anger, etc.

I don't eat any white refined products, donuts, cake, etc., I drink skim milk and drink Gatorade since dehydration leads to cramps as well as other complications.

***My words of advise for those wanting to start out are that
it's a lifetime change and not a 3 month class.
It's for your body and mind and
well being — so this is definitely a lifetime change.***

Submitted by G. Whitford, Michigan Department of Management & Budget